

Alcohol and Wellness

1. Intro

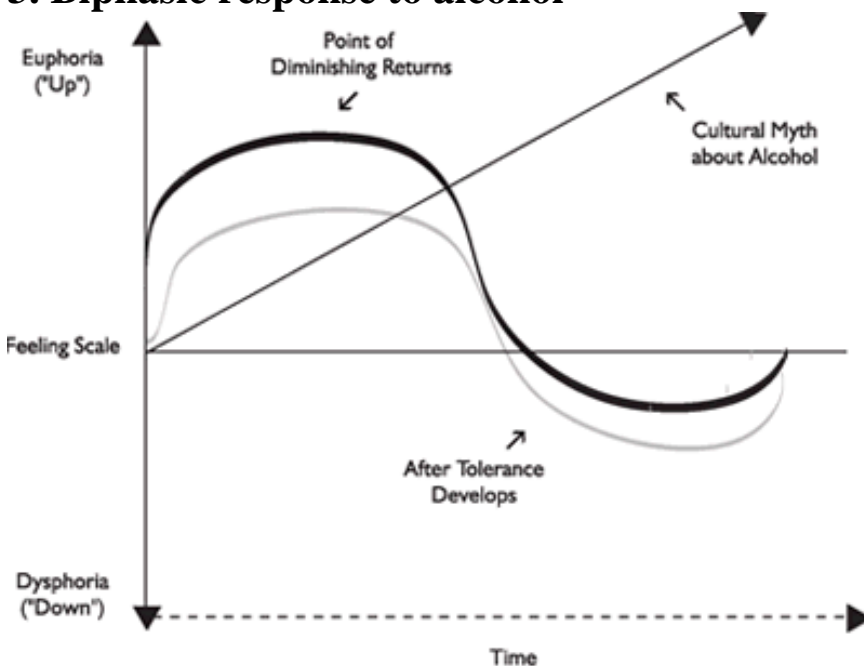
2. Expectancy Effects <http://casaa.unm.edu/info/ALCOHOL%20AND%20ITS%20EFFECTS%20ON%20BEHAVIOR.pdf>

- To what extent are effects we experience after drinking **psychological** VS **pharmacological**?
- Is it possible to feel buzzed, light headed and tipsy from tonic water alone?

Research: Many of the effects once thought to result from alcohol are the result of **expectancies**.

Placebo groups: become less anxious, more sexually aroused, more sociable, more aggressive, & find things funnier after receiving drinks **they believed** to contain alcohol (but did not). Such effects are rarely observed in the balanced-placebo group, where people receive alcohol without realizing it.

3. Biphasic response to alcohol



Biphasic refers to the two phases or effects of alcohol on the body

- 1st phase: Feeling stimulated, more excited, and euphoric.
- 2nd phase: Depressant effects such as slowed down body processes and depressed feelings.

Source: Brief Alcohol Screening and Intervention for College Students (BASICS): A Harm Reduction Approach.

4. Alcohol and Fitness/wellness

- **Alcohol Interferes with the loading of carbohydrates in muscles (muscle glycogen synthesis)**
- **"Fat sparing" effects** http://www.uhs.uga.edu/documents/nutrition_alcohol.pdf
- **Even Moderate use (2-3 drinks)...**
 - Decreases aerobic capacity and endurance for up to 48 hours
 - Can cut supplies of vitamins to below normal levels
 - Adversely affects sleep patterns
- **Alcohol is a depressant (blocks acetylcholine = decreased serotonin)**
- **Alcohol decreases GABA, leading to anxiety & depression symptoms long after drinking**

5. Alcohol and Cognition

-the brain undergoes a tremendous amount of development during young adult years (15-22), including substantial development of the frontal lobes, which are involved in planning, decision making, impulse control and language.

-because of this time of great development, alcohol appears to produce bigger impairments in learning in persons over the age of 10 and under than age of 25.

-these areas (hippocampus and frontal cortex) are negatively sensitive to stress, alcohol, ecstasy, tobacco, and other drugs.

-So what do alcohol and drugs really do to the brain? ?

- Memory functions are interrupted
- The short-term long term memory generator can not function effectively, meaning that learning can not take place as effectively.
- there is greater and more long lasting damage after a four day binge
- prevents cell growth
- alters the alcohol and drug response in the adult brain (primes your brain for future alcohol and drug use)
- the total number of alcohol induced blackouts experienced by students are associated with lower GPAs.
- research shows a relationship between alcohol use disorders and neuropsychological functioning in first year undergraduates. This study suggests that alcohol directly effects brain structures in young adults.
- <http://www.duke.edu/~amwhite/Resources/alclinks.html>

6. Finding recreation and people

<http://www.cofc.edu/betterthingstodo>

Well-being is enhanced by (and may depend upon) enjoyable activities and relationships.

Links: Charleston City Paper (local activities & organizations, sports teams, nightlife), County Parks (Fish, Hike, Kayak or Volunteer), Arts, Film & Entertainment, Campus Life, & more.

7. Get Home Safely

- **Use a DD, SafeRide** (http://www.cofc.edu/studentaffairs/general_info/saferide/); Or Ask the bartender about AlertCab.
- **Know local laws** -- http://www.daodas.state.sc.us/brochure_27laws.asp